

## Essential Guide To Family Medical Leave The

The Bipolar Disorder Survival Guide, Third Edition  
BMA Complete Home Medical Guide  
Musculoskeletal Medicine in Primary Care  
The Essential Guide to Family & Medical Leave  
The Essential Family Guide to Borderline Personality Disorder  
A Guide to Genetic Counseling  
Family Medicine Clerkship Guide  
Between Heaven and Earth  
Your Future Family  
The Essential Guide for Patient Safety Officers  
Vitamin N  
The Essential Guide to Family & Medical Leave  
Harvard Medical School Family Health Guide  
Essential Urology  
The Disaster Preparedness Handbook  
The Essential Family Guide to Caring for Older People  
The Ultimate Guide To Choosing a Medical Specialty  
The Survival Medicine Handbook  
A Caregiver's Guide to Lewy Body Dementia  
The Essential Guide to Primary Care Procedures  
Essential Guide to Acute Care  
The FMLA Handbook  
Essential Guide to Family & Medical Leave  
Cystic Fibrosis in Primary Care  
Medical Writing  
Treating Childhood and Adolescent Anxiety  
The Essential Guide to Workplace Investigations  
Johns Hopkins Family Health Book  
Essential Guide to Federal Employment Laws  
Behavioral Consultation and Primary Care  
Nursing in the Community: an essential guide to practice  
Mayo Clinic Guide to a Healthy Pregnancy  
Medicine for the Outdoors E-Book  
Honoring the Medicine  
How to Be a Patient  
The Essential Guide to Primary Care Procedures  
The Essential Guide to Caring for Aging Parents  
Intellectual Disability  
Obesity  
Do Vaccines Cause That?!

### The Bipolar Disorder Survival Guide, Third Edition

Named a top 10 medical title in 2009 by the Wall Street Journal. Since 1986, *Medicine for the Outdoors* has been hailed as the definitive take-along manual on the subject. Packed with step-by-step instructions, how-to explanations, and practical approaches to outdoor and wilderness emergencies, it tells you the best ways to respond to just about any medical problem when help is miles or days away. Author Paul S. Auerbach, MD, MS, FACEP, FAWM, is recognized as one of the world's leading authorities on wilderness medicine. This 5th edition features major updates to bring you the latest on emerging infectious diseases, the most current drug and dosage information, an increased emphasis on making do with the materials at hand, and much more. Logically organized, easy to reference, and simple to understand, *Medicine for the Outdoors* may literally save your life. When you're venturing into mountains, deserts, forests, jungles, or out to sea, it belongs in your duffel or backpack! Provides the most diverse and comprehensive coverage of medical conditions related to the outdoors. Offers logical and complete explanations of every topic. Includes numerous drawings and instructions to enhance your understanding of the descriptive material. Contains recommendations for injury and illness prevention. Features a comprehensive index that helps you locate answers quickly. Offers an increased emphasis on making do with the materials at hand (like using a fanny pack as a cervical collar). Presents the latest guidance on dangerous infections like methicillin-resistant *Staphylococcus aureus* (MRSA), avian flu, and West Nile virus. Offers current and accurate drug and dosage information via careful updates throughout. Provides new safety recommendations on avalanches, forest fires, bear attacks, and more. Demonstrates how to apply various bandages and splints with the aid of brand-new drawings.

## **BMA Complete Home Medical Guide**

This book is the most current, comprehensive medical text focusing specifically on obesity and its related syndromes and diseases. This text takes the newest science and latest research about obesity and renders the information imminently readable and immediately useful to the medical practitioner charged with providing best practices health care for patients who are obese. In the process, this text scientifically clarifies obesity as a disease of epidemic proportions, debunks common myths about obesity, and challenges medicine's traditional and oftentimes limited view of obesity. More specifically, in *Obesity: The Medical Practitioner's Essential Guide* you will find comprehensive, accurate, science-based information about the epidemiology, biology, genetics, psychology, discrimination and prejudice, causes, and effects of obesity, as well as the latest science about obesity's related syndromes and diseases. In addition, this book provides the medical practitioner with specific best practices, including preferred methods of measurement, preferred methods of obesity screening, a system of graded interventions, a comprehensive description and analysis of various bariatric/surgical interventions, and a proposed population management strategy. This medical text focusing on obesity and its related syndromes and diseases is not only an invaluable reference source for current front line practitioners, but is an essential tool that can be used both domestically and internationally to educate all students in medical schools, nursing programs, physician assistant programs, doctor of osteopath programs, medical weight loss clinics, and any other health science programs.

## **Musculoskeletal Medicine in Primary Care**

The tools and answers you need to help your patients receive the care they deserve.

## **The Essential Guide to Family & Medical Leave**

Guides readers in establishing a disaster plan covering the basic human needs in case the unpredictable happens, with information for those with special needs, including the elderly, children, pregnant women, and pets.

## **The Essential Family Guide to Borderline Personality Disorder**

No one wants to think about getting older. It's true. At any age, when things are moving along normally day to day and everyone seems fit and well, there seems no reason to think about future problems that your friends and relatives might (and probably will) come across as they age. In fact, it might even seem a little morbid to think such thoughts, or possibly even tempting fate? Yet there will come a time when you must raise these issues and, ideally, this should be before any problems arise. *The Essential Family Guide to Caring for Older People* is the ultimate source of information and help for families with care responsibilities. Deborah Stone draws on her extensive experience working in elder care to offer practical advice on every aspect of the field in depth. Topics range from how to get help immediately, legal information, care funding options, a guide to useful technology and advice on

the main physical and mental health issues that affect older people. Plus guidance is given on dealing with social services and ensuring you choose the right care for your situations. Crucially, the book also offers help on how to cope as a carer with practical advice on juggling family, work and your caring responsibilities while looking after yourself.

### **A Guide to Genetic Counseling**

Almost 70% of parents who refuse to vaccinate their children do so because they believe vaccines may cause harm. Indeed vaccines have been blamed for causing asthma, autism, diabetes, and many other conditions most of which have causes that are incompletely understood. Do Vaccines Cause That?! A Guide for Evaluating Vaccine Safety Concerns provides parents with clearly understandable, science-based information about vaccines, immunization, and vaccine safety.

### **Family Medicine Clerkship Guide**

Medical students will excel in their family practice clerkships with the practical information in this pocket-sized resource! It examines key clinical skills · patients presenting with a sign, symptom, or abnormal lab value · and patients presenting with a known condition-each in its own section for easy reference. Useful illustrations, key points, and clinical cases throughout the text put essential guidance at the reader's fingertips. Describes the special characteristics of a family medicine practice clerkship and provides guidance on working in an office-based community setting. Offers concise guidance on essential diagnostic tests and office procedures. Examines a broad range of physical and mental health issues for male and female patients across the lifespan. Addresses the questions students are most likely to be asked by attending physicians during their clerkship. Helps readers prepare for board exams with USMLE-style questions, answers, and rationales.

### **Between Heaven and Earth**

Book description to come.

### **Your Future Family**

From registered nurse and public health advocate Sana Goldberg, RN, a timely, accessible, and comprehensive handbook to navigating common medical situations. From the routine to the unexpected, How to Be a Patient is your ultimate guide to better healthcare. Did you know that patients have statistically better outcomes when their surgeon is female? That you can mark-up an informed consent sheet before you sign it, or get second opinions on CTs and MRIs? That there's a blue book for healthcare procedures, or an algorithm to decide between ER, Urgent Care, and waiting-until-Monday? In How to Be a Patient, nurse and public health advocate Sana Goldberg walks readers through the complicated and uncertain medical landscape, illuminating a path to better care. Warm and disarmingly honest, Goldberg's advice is as expert as it is accessible. In the face of an epidemic of brusque, impersonal care she empowers readers with the

information and tools to come to good decisions with their providers and sidestep the challenging realities of modern medicine. With sections like When All is Well, When It's An Emergency, When It's Your Person, and When You Have to Stand Up to the Industry, along with appendices to help track family history, avoid pointless medical tests, and choose when and where to undergo a procedure, How to Be a Patient is an invaluable and essential guide for a new generation of patients.

### **The Essential Guide for Patient Safety Officers**

This book is designed to help MSK Physicians, Physiotherapists, Osteopaths, G.Ps and other respected colleagues in the examination, diagnosis and management of Common MSK pathologies presenting in primary care. Chapters are sectioned according to the anatomical area of the body. Each chapter consists of Basic Anatomy, Subjective (including differential diagnosis and red flags) and Objective examination, Observation and Physical examination, special tests (and their reliability), Pathologies, key points and flow charts for triaging. Where possible, we have used evidence based research to supplement the practice based experience within the book. Some special chapters are dedicated to common pathologies seen in the elderly and children/ adolescents. Other chapters include Joint injections in primary care, Medicines that conflict with MSK diagnosis/management, common blood results and their meaning and common connective tissue disorders. Where possible, we have supplemented chapters with Scans, X rays, Pictures and flow charts to help explain the simplicity of each pathology. The flow charts at the end of each primary chapter is to help triage pathologies.

### **Vitamin N**

The federal Family and Medical Leave Act (FMLA) helps employees balance the demands of work and family. But the law can be hard to apply in the real world. Questions about eligibility, coverage, notice and certification requirements, administering leave, reinstating benefits, and much more can challenge even the most experienced managers. This book has the plain-English answers to all of your tough questions about the FMLA, including recent amendments and new regulations that expand the law's scope. It provides detailed information, real-life examples, sample forms, and tools to help you meet your legal obligations. The 4th edition covers all the latest changes to the FMLA, including new regulations on military family leave, proposed regulations on same-sex couples, new cases defining key terms, and updated information on state family and medical leave laws.

### **The Essential Guide to Family & Medical Leave**

The Essential Guide for Patient Safety Officers, Second Edition, copublished with the Institute for Healthcare Improvement (IHI), is a comprehensive and authoritative repository of essential knowledge on operationalizing patient safety. Patient safety officers must make sure their organizations create a safety culture, implement new safety practices, and improve safety-related management and operations. This updated edition of a JCR best seller, with many new chapters, will help them do that. Edited by Allan Frankel, MD; Michael Leonard, MD; Frank

Federico, RPh; Karen Frush, MD; and Carol Haraden, PhD, this book provides: \* Core knowledge and insights for patient safety leaders, clinicians, change agents, and other staff \* Strategies and best practices for day-to-day operational issues \* Patient safety strategies and initiatives \* Tools, checklists, and guidelines to assess, improve, and monitor patient safety functions \* Expert guidance on leadership's role, assessing and improving safety culture, designing for reliability and resilience, ensuring patient involvement, using technology to enhance safety, and building and sustaining a learning system -- and other essential topics The work described in the book reveals growing insight into the complex task of taking care of patients safely as an intrinsic, inseparable part of quality care. To do this we need to create a systematic, integrated approach, and this book shows us how to do it. -- Gary S. Kaplan, MD, Chairman and CEO, Virginia Mason Medical Center, Seattle

### **Harvard Medical School Family Health Guide**

Approximately 2.5 million people in the United States--one percent of the population--have an intellectual disability (previously referred to as mental retardation). These conditions range from genetic disorders such as Down syndrome to disabilities caused by infectious diseases and brain injury. *Intellectual Disability: A Guide for Families and Professionals*, by one of the country's foremost authorities on intellectual disability, is a comprehensive resource that will be of importance to anyone with a personal connection to a child or adult with a neurodevelopmental disorder. Emphasizing the humanity of persons with intellectual and related developmental disabilities, psychiatrist and pediatrician James Harris provides essential information on assessment and diagnosis of intellectual disability, treatments for specific disorders, and ways to take advantage of the wide array of services available today. The focus throughout is on the development of the person, the positive supports necessary for self-determination, and, to the extent possible, independent decision making. Harris also surveys historical attitudes toward intellectual disability, the medical community's current understanding of its causes and frequency, and the associated physical, behavioral, and psychiatric conditions (such as seizure disorder, depression, and autism) that often accompany particular types of intellectual disability. The book addresses legal, medical, mental health, and research-related issues as well as matters of spirituality, highlighting the ways in which individuals with intellectual disability can meaningfully participate in the spiritual lives of their families and their communities. Each chapter ends with a series of key points to remember, and the book concludes with a list of additional resources of further interest. *Intellectual Disability* is a must-read for parents and families of those with neurodevelopmental disorders, providing guidance and essential information to help their family members effectively, and to make a significant, positive difference in their lives now and in the future.

### **Essential Urology**

The first medical specialty selection guide written by residents for students! Provides an inside look at the issues surrounding medical specialty selection, blending first-hand knowledge with useful facts and statistics, such as salary information, employment data, and match statistics. Focuses on all the major

specialties and features firsthand portrayals of each by current residents. Also includes a guide to personality characteristics that are predominate with practitioners of each specialty. "A terrific mixture of objective information as well as factual data make this book an easy, informative, and interesting read."  
--Review from a 4th year Medical Student

### **The Disaster Preparedness Handbook**

The Primary Care Behavioral Health (PCBH) model is emerging as the future of integration between mental health and primary care services. The first book to detail the model, Behavioral Consultation and Primary Care explains in hands-on terms how to achieve truly integrated care. From starting up a new PCBH service to evaluating its outcome, clinicians and medical administrators alike will value in this up-to-the-minute resource.

### **The Essential Family Guide to Caring for Older People**

Perform today's essential office procedures with confidence! Packed with more than 1,500 full-color illustrations, The Essential Guide to Primary Care Procedures, 2nd Edition, is your go-to guide to more than 125 of the key medical procedures commonly performed in an office setting. This hands-on manual provides step-by-step, illustrated instructions for each procedure, as well as indications, contraindications, CPT codes, average U.S. charges for each procedure, and more. From the basic (cerumen removal and simple interrupted sutures) to the complex (colonoscopy and chest tube placement), this atlas covers the vast majority of skills you'll use in your day-to-day practice. Stay up to date with new procedures and equipment, including dorsal penile block, peripheral nerve blocks, topical anesthesia, hand-held ultrasound, electrodesiccation and curettage, dermoscopy, aesthetic procedures, Wood's slide examination, and more. Perform procedures more effectively and avoid common mistakes with popular "pearls and pitfalls" sections. Go beyond the basics with coverage of complications, post-procedures and pediatric considerations, and evidence-based references in each chapter. Get complete, practical coverage in every chapter, including background information on each procedure; indications and contraindications; sequential instructions, pictures and illustrations of the procedure; bulleted pitfalls and pearls; suggested CPT codes and average charges; and references. More evidence based medicine, with referencing throughout the chapters and appendices. View handy compilations of information applicable to many procedures, recommendations, and other practical information in the appendices. A great reference for the novice proceduralist who is learning procedures, or for the establish clinician who wishes to update or brush up on their knowledge.

### **The Ultimate Guide To Choosing a Medical Specialty**

This book explains the Family and Medical Leave Act (FMLA) and suggests ways to us it, especially in union-organized workplaces

### **The Survival Medicine Handbook**

Two of the foremost American educators and healers in the Chinese medical profession demystify Chinese medicine's centuries-old approach to health. Combining Eastern traditions with Western sensibilities in a unique blend that is relevant today, *BETWEEN HEAVEN AND EARTH* opens the door to a vast storehouse of knowledge that bridges the gap between mind and body, theory and practice, professional and self-care, East and West.

## **A Caregiver's Guide to Lewy Body Dementia**

An accessible guide to family health care discusses drug interactions, symptoms, first aid, and how to choose a family doctor, including a new research about hormone therapy and heart surgery.

## **The Essential Guide to Primary Care Procedures**

Resource added for the Human Resources program 101161.

## **Essential Guide to Acute Care**

Gentle counsel and realistic advice for families contending with one of today's most misunderstood forms of mental illness. "Randi Kreger has done it again! With her new book, she continues to make the dynamics of Borderline Personality Disorder (BPD) readily accessible to those of us who love, live with and treat people who suffer from this complex condition." Blaise Aguirre, MD, Medical Director, Adolescent Dialectical Behavior Therapy Residential Program, McLean Hospital "Kreger's communication techniques, grounded in the latest research, provide family members with the essential ability to regain a genuine, meaningful relationship with their loved one with Borderline Personality Disorder." Debra Resnick, Psy.D., President, Psychological Services and Human Development Center "This book offers hope for those who think their situation has none." Rachel Reiland, author of *Get Me Out of Here: My Recovery from Borderline Personality Disorder* For family members of people with Borderline Personality Disorder (BPD), home life is routinely unpredictable and frequently unbearable. Extreme mood swings, impulsive behaviors, unfair blaming and criticism, and suicidal tendencies common conduct among those who suffer from the disorder leave family members feeling confused, hurt, and helpless. In *Stop Walking on Eggshells*, Randi Kreger's pioneering first book which sold more than 340,000 copies, she and co-author Paul T. Mason outlined the fundamental differences in the way that people with BPD relate to the world. Now, with *The Essential Family Guide to Borderline Personality Disorder*, Kreger takes readers to the next level by offering them five straightforward tools to organize their thinking, learn specific skills, and focus on what they need to do to get off the emotional rollercoaster: Take care of yourself Uncover what keeps you feeling stuck Communicate to be heard Set limits with love Reinforce the right behaviors Together the steps provide a clear-cut system designed to help friends and family reduce stress, improve their relationship with their borderline loved one, improve their problem-solving skills and minimize conflict, and feel more self-assured about setting limits. Randi Kreger is the co-author of *Stop Walking on Eggshells* and the author of *The Stop Walking on Eggshells Workbook*. She operates [bpdcentral.com](http://bpdcentral.com), one of the top web-based

resources for those living with BPD, and runs the Welcome to Oz online family support groups based at her web site. Cofounder of the Personality Disorder Awareness Network, Kreger is frequently invited to lecture on BPD and related issues, both for clinicians and laypeople.

### **The FMLA Handbook**

The first book devoted exclusively to the principles and practice of genetic counseling—now in a new edition First published in 1998, *A Guide to Genetic Counseling* quickly became a bestselling and widely recognized text, used nationally and internationally in genetic counseling training programs. Now in its eagerly anticipated Second Edition, it provides a thoroughly revised and comprehensive overview of genetic counseling, focusing on the components, theoretical framework, and unique approach to patient care that are the basis of this profession. The book defines the core competencies and covers the genetic counseling process from case initiation to completion—in addition to addressing global professional issues—with an emphasis on describing fundamental principles and practices. Chapters are written by leaders in the field of genetic counseling and are organized to facilitate academic instruction and skill attainment. They provide the most up-to-date coverage of:

- The history and practice of genetic counseling
- Family history
- Interviewing
- Case preparation and management
- Psychosocial counseling
- Patient education
- Risk communication and decision-making
- Medical genetics evaluation
- Understanding genetic testing
- Medical documentation
- Multicultural counseling
- Ethical and legal issues
- Student supervision
- Genetic counseling research
- Professional development
- Genetics education and outreach
- Evolving roles and expanding opportunities
- Case examples

*A Guide to Genetic Counseling, Second Edition* belongs on the syllabi of all medical and human genetics and genetic counseling training programs. It is an indispensable reference for both students and healthcare professionals working with patients who have or are at risk for genetic conditions.

### **Essential Guide to Family & Medical Leave**

Featuring over 1,300 full-color illustrations, this atlas is a comprehensive, hands-on guide to more than 100 medical procedures most commonly performed in an office setting. The book presents step-by-step instructions and illustrations for each procedure and discusses strategies for avoiding common pitfalls. Each chapter includes ordering information for necessary equipment or supplies, CPT codes, ICD-9 codes, global periods, and average U.S. fees for each procedure. Some chapters also refer the practitioner to patient education handouts that will appear online. A companion Website will offer the fully searchable text, over 100 patient education handouts, and videos of ten common procedures.

### **Cystic Fibrosis in Primary Care**

From one of the world's leading authorities, a practical resource guide filled with the essential information you need to know about assisted reproduction Third-party reproduction is now easier, more accessible, and more successful than ever before, yet it is still a complex process. Before you start down this path to parenthood,

there are important questions to consider such as, “How are sperm, eggs, and embryos screened?”, “How do I find a donor?”, or “What are the legal issues surrounding surrogacy?” Here, psychologist Kim Bergman—an expert in the field and a mother herself through assisted reproduction—provides the answers you need and more. *Your Future Family* provides a roadmap for navigating the journey of building a family through assisted reproduction. It outlines the very first steps you should take, the options available to you at each turn, and includes essential advice and tips to help set you up for success. Filled with personal anecdotes from Bergman’s own life, as well as the lives of her clients, this book brings the human element of creating a family this way to life. The definitive primer on assisted reproduction, *Your Future Family* provides a foundational knowledge of the entire process, includes essential facts, as well as a list of resources to help you along the way. Kim Bergman’s expertise and her open, honest approach will inspire confidence to fulfill your dreams of creating a family.

### **Medical Writing**

The new edition of the *BMA Complete Home Medical Guide* is a jargon-free medical reference book that gives you all the information you need to help safeguard the present and future well-being of your family. From viral infections to immune disorders, this essential medical guide contains in-depth coverage of over 750 medical conditions, with explanations of causes, symptoms, diagnosis, treatment, and prevention. This medical encyclopedia contains easy-to-use symptom charts for self-diagnosis and a separate section on child diseases and symptoms to safeguard the whole family's health. This edition is fully up-to-date with the latest medical information and advances, with over 1,800 images for reference. The most comprehensive and accessible health and medical guide around, this is a must for every home. Previous edition ISBN 9781405348836

### **Treating Childhood and Adolescent Anxiety**

This book is an invaluable resource for managers, supervisors, HR professionals, and anyone else who needs to know about federal employment laws. It takes the 20 most important federal workplace laws and breaks them down into plain English, chapter by chapter. Managers and HR professionals can pick up this easy-to-use reference guide any time they have questions about their obligations under federal employment laws.

### **The Essential Guide to Workplace Investigations**

Bipolar disorder is a lifelong challenge--but it doesn't have to rule your life. Find the science-based information you need in the revised third edition of this indispensable guide. Trusted authority Dr. David J. Miklowitz shares proven strategies for managing your illness or supporting a loved one with the disorder. Learn specific steps to cope with mood episodes, reduce recurrences, avoid misdiagnosis, get the most out of treatment, resolve family conflicts, and make lifestyle changes to stay well. Updated throughout, the third edition has a new chapter on kids and teens; the latest facts on medications and therapy, including important advances in personalized care; and expanded coverage of the bipolar II

subtype. It features boxes on complementary and alternative treatments and provides downloadable practical tools.

### **Johns Hopkins Family Health Book**

Nursing in the Community: an essential guide to practice is an introductory textbook for professionals and students who have chosen a career in community health care nursing. The book gives comprehensive coverage of the full range of professional issues, such as personal safety and the environment, in addition to public health, health promotion and family health nursing. This user-friendly text provides clear guidelines on how to transfer skills from the hospital/ acute setting to the community. In addition, it fully reflects current government health, social policy, the implications for the roles and responsibilities of the community health care nurse, and aims to support a trainee/new practitioner to function safely and effectively in the full range of community settings.

### **Essential Guide to Federal Employment Laws**

The purpose of the federal Family and Medical Leave Act (FMLA) is to help employees balance the demands of work and family. But the law can be hard for employers to apply in the real world. Questions about eligibility, coverage, notice and certification requirements, administering leave, continuing benefits, and reinstatement can challenge even the most experienced managers. This book has the plain-English answers to all of your tough questions about the FMLA. It provides detailed information, real-life examples, sample forms, and other tools to help you meet your legal obligations. The 5th edition covers all the latest updates on the FMLA, including rules for same-sex couples, new cases explaining the application of the FMLA, state paid family leave laws, and more.

### **Behavioral Consultation and Primary Care**

For thousands of years, Native medicine was the only medicine on the North American continent. It is America's original holistic medicine, a powerful means of healing the body, balancing the emotions, and renewing the spirit. Medicine men and women prescribe prayers, dances, songs, herbal mixtures, counseling, and many other remedies that help not only the individual but the family and the community as well. The goal of healing is both wellness and wisdom. Written by a master of alternative healing practices, Honoring the Medicine gathers together an unparalleled abundance of information about every aspect of Native American medicine and a healing philosophy that connects each of us with the whole web of life—people, plants, animals, the earth. Inside you will discover

- The power of the Four Winds—the psychological and spiritual qualities that contribute to harmony and health
- Native American Values—including wisdom from the Wolf and the importance of commitment and cooperation
- The Vision Quest—searching for the Great Spirit's guidance and life's true purpose
- Moontime rituals—traditional practices that may be observed by women during menstruation
- Massage techniques, energy therapies, and the need for touch
- The benefits of ancient purification ceremonies, such as the Sweat Lodge
- Tips on finding and gathering healing plants—the wonders of herbs
- The purpose of smudging, fasting, and

chanting—and how science confirms their effectiveness Complete with true stories of miraculous healing, this unique book will benefit everyone who is committed to improving his or her quality of life. “If you have the courage to look within and without,” Kenneth Cohen tells us, “you may find that you also have an indigenous soul.”

### **Nursing in the Community: an essential guide to practice**

Learn the ins and outs of the FMLA and avoid legal problems The federal Family and Medical Leave Act (FMLA) helps employees balance the demands of work and family. But the law can be hard for employers to apply in the real world?especially when it comes to tracking intermittent leave, completing the proper paperwork, and determining eligibility for different types of leave. This book has the answers?in plain English?to every employer’s tough questions about the FMLA. It provides detailed information, sample forms and tools that will help you and your managers figure out:who is eligible for leave what types of leave are covered how much leave employees may take, and how to comply with notice and other paperwork requirements. The 5th edition covers all of the latest changes to the FMLA, including the new regulations and court decisions interpreting the law, as well as changes to related state family and medical leave laws.

### **Mayo Clinic Guide to a Healthy Pregnancy**

"If modern medical care is not available, you may be the end of the line when it comes to keeping your family healthy. Do you have the knowledge and training to take on this responsibility? This second edition of the book will give you the ability to deal with 90% of the issues you might face in any survival situation. The goal of the Survival Medicine Handbook is to help you do what you can, with what you have, where you are. With this guide, you will become a medial asset to your family in uncertain times"--Page 4 of cover.

### **Medicine for the Outdoors E-Book**

America's #1 Medical Authority on Call at your Fingertips When you need the absolute best in health care, John Hopkins is the institute ranked #1 year after year. And when you want answers fast, turn to the Johns Hopkins Family Health Book for the knowledge you need from a name you know. Developed in consultation with an advisory board of more than 100 Johns Hopkins physicians, nurses, and health professionals, this indispensable home and medical resource covers a broad range of family health issues and focuses on maintaining good health and preventing diseases. Read "How to Use this Book" first to learn how the book is organized and to find out where to look for information you need, whether you are trying to interpret symptoms, wish to know more about a medication, or are looking for general health and nutrition facts. Part 1. Staying Healthy provides the underpinnings of a healthy lifestyle, including recommendations on nutrition, exercise, everyday safety, smoking, alcohol, and addiction. Part 2. Health Over the Life Course details what you need to know about genetics and your family health history, and the special health concerns of pregnancy and childbirth, infancy, the preschool to preteen years, the teen years, adulthood, and the senior years. Part 3.

First Aid and Emergency Care gives you the tools to evaluate health emergencies, from everyday cuts and bruises to life-threatening crises. Part 4. Body Systems and Disorders describes the functions of the body systems from head to toe and the most common problems related to them. You will learn what your symptoms mean, what signs a doctor looks for and the tests used during diagnosis, how a problem develops, and what can be done to treat or prevent it. Each chapter also discusses self-care measures and advises you on when to call a doctor. Part 5. Becoming a Partner in Your Health Care offers strategies for negotiating today's difficult health care environment, including finding the right doctor and health care plan. The Appendices include a comprehensive directory of the 80 most prescribed medications; glossary; growth chart; living wills and advance directives; measurement conversions and laboratory tests. Designed for instant access, the index highlights symptoms in red and primary entries in bold. A 48-page full-color insert of anatomy, disorders, and diseases, over 500 black-and-white and two-color illustrations, and endpapers featuring emergency first aid procedures--prepared by Johns Hopkins' renowned Art as Applied to Medicine department--complete this invaluable family reference.

### **Honoring the Medicine**

What you really need to know, but no-one told you. The best-selling Essential Guide to Acute Care contains everything you need to know about acute care that you can't find in a standard textbook. The third edition has been extensively revised and updated, presenting new oxygen guidelines, updated evidence and practice around sepsis, fluid balance and volume resuscitation, acute kidney injury, perioperative care, and much more. The third edition retains the accessible style and comprehensive coverage that has made Essential Guide to Acute Care essential reading for those who look after acutely ill adults. Throughout the book, 'mini-tutorials' expand on the latest thinking or controversies, and there are practical case histories to reinforce learning at the end of each chapter. The chapters are designed to be read by individuals or used for teaching material in tutorials. This new edition of Essential Guide to Acute Care: Provides up-to-date and practical guidance on the principles of acute care, written by experienced teachers and clinicians Offers a unique approach to the subject that focuses on understanding rather than lists and 'recipes' Explains the altered physiology that accompanies acute illness in adults Includes learning objectives, self-assessment questions, and illustrative examples related to clinical practice Essential Guide to Acute Care is an indispensable volume for medical students and newly graduated doctors; doctors training in medicine, surgery, anaesthesia and emergency medicine; advanced clinical practitioners; nurses and allied health professionals working in acute and critical care; and teachers.

### **How to Be a Patient**

Cystic fibrosis is a disease that affects the entire body. It tends to be thought of as primarily a pulmonary disease since pulmonary decline is the main factor in early mortality. Because of the multi-system nature of the disease, a better understanding of cystic fibrosis expands the family physician's understanding of subjects ranging from genetics to pulmonary function to nutrition to colon transport to hydration to electrolyte management. The primary care philosophy is

unique in that it always considers how a narrow problem can affect an individual globally. Cystic Fibrosis care can often feel fractured to patients as they are sent to multiple specialists to deal with problems outside of the comfort level of a prior or current specialist. With a broad medical philosophy, care is more inclusive as clinicians can manage topics such as diabetes and preventive care without multiple referrals and additional appointments. Family physicians are well-positioned and well-qualified to competently meet many of the care needs of those with cystic fibrosis. This book is edited by a family medicine physician who has specialist level experience with the disease. It opens with a background on cystic fibrosis foundations and centers to familiarize the reader. The next chapter gives a basic overview of the disease. Each of the subsequent chapters provide a comprehensive look at how cystic fibrosis affects other areas of the body that the primary care physician should be familiar with. Major components of cystic fibrosis such as physiology, spirometry, inflammation, airway clearance, chronic infection, cystic fibrosis related diabetes and pancreatic insufficiency, among others, are thoroughly explained. Written by experts in the field, Cystic Fibrosis in Primary Care appeals to all family physicians as well as specialists, residents, medical students physician assistants and nurse practitioners alike.

### **The Essential Guide to Primary Care Procedures**

Extensively revised and updated, the second edition of Essential Urology: A Guide to Clinical Practice provides support to primary care physicians through its review of common genitourinary problems. This edition continues to provide the primary care physician with tools to better recognize urological diseases as well as updated management strategies for these disorders. To enhance the theme of comprehensive care and family medicine, the volume is formatted according to the life cycle and the urological challenges, which may be detected and diagnosed by primary care physicians respective of the patient's stage in life, beginning with pregnancy and in utero diagnoses. Pediatric themes such as infection and voiding dysfunctions are followed by adult urological topics ranging from prostate diseases, nephrolithiasis, overactive bladder syndromes, incontinence and urological cancer screening. Three new chapters are added addressing male infertility/andrology and the growing demand for integrative and alternative medical care of urologic patients, as well as commonly encountered dermatological problems in the genital area. Essential Urology: A Guide to Clinical Practice, Second Edition is extremely comprehensive and yet, very accessible. It is authored by experts representing the spectrum of urological subspecialties, further enhancing the value of this unique work.

### **The Essential Guide to Caring for Aging Parents**

Received a 2012 Caregiver Friendly Award from Today's Caregiver Magazine Although Lewy Body Dementia is the second leading cause of degenerative dementia in the elderly, it is not well known or understood and is often confused with Alzheimer' Disease or Parkinson's. The Caregiver's Guide to Lewy Body Dementia is the first book ot present a thorough picture of what Lewy Body Dementia really is. A Caregiver's Guide to Lewy Body Dementia is written in everyday language and filled with personal examples that connect to the readers' own experiences. It includes quick fact and caregiving tips for easy reference, a

comprehensive resource guide, and a glossary of terms and acronyms. This is the ideal resource for caregivers, family members, and friends of individuals seeking to understand Lewy Body Dementia.

### **Intellectual Disability**

"Lebowitz and Omer have taken the latest and most relevant scientific research and synthesized it into an essential read for caregivers of anxious children. Treating Childhood and Adolescent Anxiety: A Guide for Caregivers provides an 'inside look' at the nuts and bolts of cognitive behavioral therapy (CBT) for childhood anxiety—the treatment of choice among leading researchers and experts. The book is filled with analogies, examples, and practical advice that professionals and parents will refer back to over and over again." —Candice A. Alfano, PhD; Director, Sleep and Anxiety Center for Kids (SACK) Associate Professor, Department of Psychology, University of Houston Practical real-life solutions for children living with anxiety Focusing on the special role of the caregiver in achieving successful treatment Focusing on the treatment of childhood anxiety, both in one-on-one therapist to child treatment and within the family, Treating Childhood and Adolescent Anxiety: A Guide for Caregivers adopts an integrated approach presenting novel strategies to help mental health professionals and families create change and momentum in otherwise stagnant situations. This empowering guide offers practical, evidence-based, and theory-driven strategies for helping children to overcome anxiety, even if they resist treatment. Uniquely providing concrete advice for both the therapeutic and home environment, this insightful book covers: What to do when anxiety takes over the family School phobia and school refusal Working with highly dependent young adults Parental support and protection Creating and maintaining family boundaries A walk-through of The Supportive Parenting for Anxious Childhood Emotions (SPACE) Program Cognitive, behavioral, physiological, and emotion-based tools for treating anxiety Medication for childhood anxiety

### **Obesity**

From the author of the New York Times bestseller that defined nature-deficit disorder and launched the international children-and-nature movement, Vitamin N (for "nature") is a complete prescription for connecting with the power and joy of the natural world right now, with 500 activities for children and adults Dozens of inspiring and thought-provoking essays Scores of informational websites Down-to-earth advice In his landmark work Last Child in the Woods, Richard Louv was the first to bring widespread attention to the alienation of children from the natural world, coining the term nature-deficit disorder and outlining the benefits of a strong nature connection--from boosting mental acuity and creativity to reducing obesity and depression, from promoting health and wellness to simply having fun. That book "rivalled Rachel Carson's Silent Spring" (the Cincinnati Enquirer), was "an absolute must-read for parents" (the Boston Globe), and "an inch-thick caution against raising the fully automated child" (the New York Times). His follow-up book, The Nature Principle, addressed the needs of adults and outlined a "new nature movement and its potential to improve the lives of all people no matter where they live" (McClatchy Newspapers). Vitamin N is a one-of-a-kind, comprehensive, and practical guidebook for the whole family and the wider community, including tips

not only for parents eager to share nature with their kids but also for those seeking nature-smart schools, medical professionals, and even careers. It is a dose of pure inspiration, reminding us that looking up at the stars or taking a walk in the woods is as exhilarating as it is essential, at any age.

### **Do Vaccines Cause That?!**

The first edition of this book (titled “The Clinician’s Guide to Medical Writing”) has become a standard in its field and remains an indispensable reference for any clinician, academic physician, or health professional who wishes to hone their writing skills. However, since its publication in 2004, significant changes have taken place in the way medical professionals communicate with each other and the world. *Medical Writing: A Guide for Clinicians and Academicians, 2e* retains all of the fundamental writing advice of the first edition and has been expanded to include two brand new chapters: How to Write a Research Protocol (including why a research project needs a written protocol, elements of the research protocol and common problems) How to Write a Grant Proposal (including sections on government and private grant funding sources, what you need to know about grant writing, and elements of a successful grant proposal) New information is also included throughout the book on becoming a successful writer, medical tables and figures, conflict of interest and disclosures, how to review a scientific article, statistical analysis, “pay-to-publish” journal publishing, electronic submission of manuscripts, issues in medical publishing and the future of medical writing and publication. New appendices address commonly encountered research and statistical terms and memorable aphorisms regarding writing, medical and otherwise.

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